Reebok

Computer Manual T9.5

POLAR.
heart rate technology
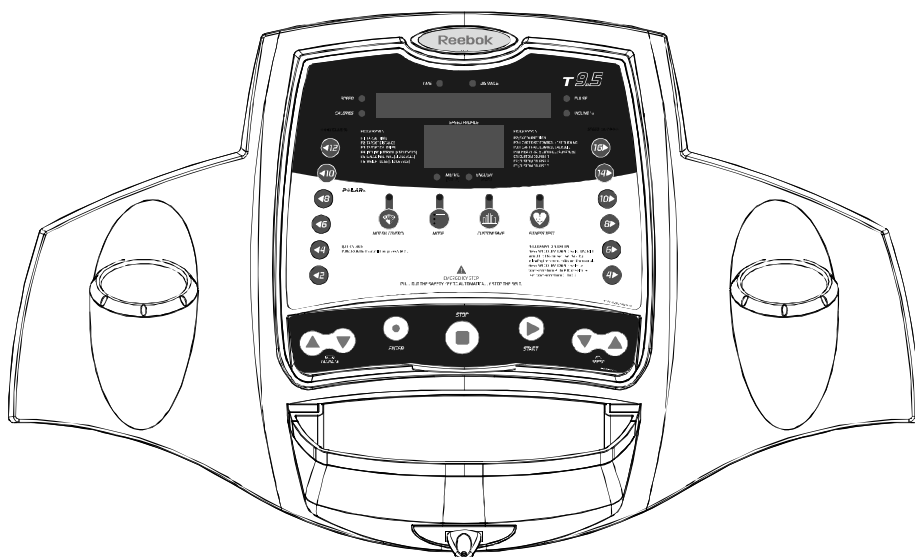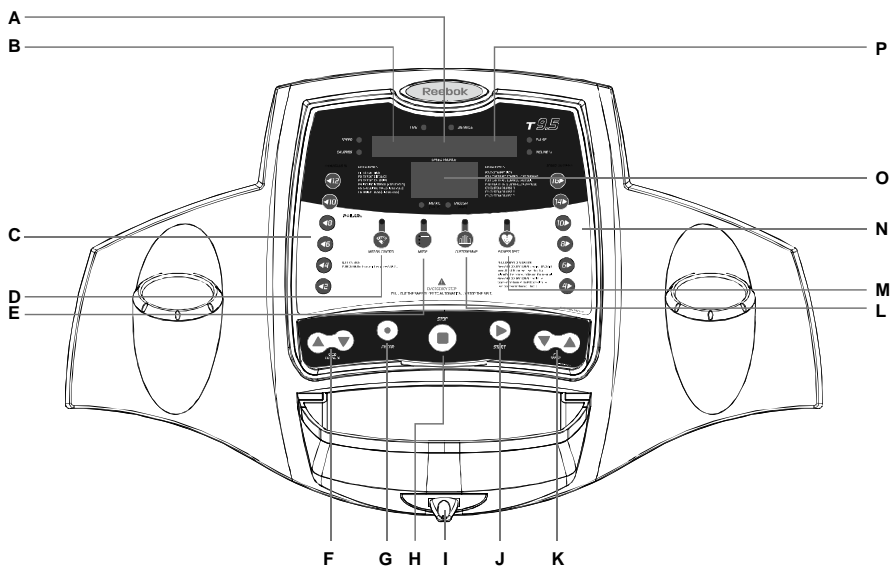
TIME/DISTANCE	A	B	SPEED/CALORIES
EXPRESS INCLINE BUTTONS	C	D	MOTION CONTROL
MODE	E	F	INCLINE UP/DOWN
ENTER	G	H	STOP
SAFETY KEY	I	J	START
SPEED UP/DOWN	K	L	CUSTOM SAVE
FITNESS TEST	M	N	EXPRESS SPEED BUTTONS
SPEED PROFILE	O	P	PULSE/INCLINE%

POWER ON:

When the console is Switch on, all the LED lights will auto scan and the sound a beep, then "PRESS START TO QUICK START OR PRESS ENTER TO SELECT PRESET PROGRAM" will display on the message center. Press START to start training in QUICK STATR MODE or ENTER to go into PROGRAM MODE.

SLEEP MODE:

The computer will automatically enter SLEEP MODE. If it is left idle for 240 seconds without receiving any input. Press any buttons to return to POWER ON status when the computer is in the SLEEP MODE.

STOP/PAUSE:

When the treadmill is running, press the STOP button to pause the treadmill. All figures on the displayed on the LED will freeze.

Press START to resume the program and all displays will continue the performance until the program finishes.   If you continue pressing the STOP twice, then all data will return to 0 and the treadmill will return to POWER ON status.   If there is no action within 5 minutes, the treadmill will return to POWER ON status.

MODE:

Switches the LED window display information:

    a.   The computer has a factory setting that auto switches between TIME, SPEED, PULSE, DISTANCE, CALORIES and INCLINE LEVEL. Each value will be displayed for 5 seconds.

    b.   Press the MODE button once to display only SPEED, TIME and PULSE.

    c.   Press the MODE button a 2nd time to display only CALORIES, DISTANCE and INCLINE LEVEL.

    d.   Press the MODE button a 3rd time return to the auto switch display.

ENGLISH/METRIC CONVERSION:

The treadmill computer display can show ENGLISH and METRIC information.   The factory should have the proper setting on this for different markets.   In case that the treadmill needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:

    1.   Set the POWER SWITCH to ON.   Press the START button on the computer and hold it.   Insert the SAFETY KEY then release the START button.   The computer will sound one short beep and METRIC LED light up.

    2.   Press the START button to switch between METRIC/ENGLISH and press the ENTER button to confirm the selection and return to the POWER ON status.

SOUND ON/OFF:

From the POWER ON status, hold the SPEED UP and SPEED DOWN buttons and then insert the safety key, the computer will be get to the display control mode.   The PLUSE/INCLINE% display will be displaying "1".   Press INCLINE UP button once so that "2" is displaying then press the START button. To toggle between sound "on" or "off" use the INCLINE UP or DOWN button then press ENTER to confirm and press ENTER again to return to POWER ON status.

QUICK START:

Press the START button to start the belt, the SPEED PROFIKE window will countdown 3 seconds with the LED showing "3-2-1" then the belt will start moving.

1. Speed starts from 0.8kph (0.5mph), press to SPEED UP/DOWN exercise speed by 0.1mph/kph

2. Level starts from Level 0, press INCLINE UP/DOWN to change incline level

3. SPEED、TIME、PULSE is A group, CALORIES、DISTANCE、INCLINE% is B group. Each value will be displayed for 5 seconds

Press the MODE button

TIME window will display: 0.00

DISTANCE window will display: 0.00

SPEED window will display: 0.5mph/0.8kph

CALORIES window will display: 0

HEART RATE window display: P

PROGRAM:

Press ENTER button to enter PROGRAM MODE and to set user parameters

SET UP USER CODE

At first, the LCD will show a blinking U1, and will also display only factory default setting values for user Weight, Height, Age and Target Heart Rate. Press the SPEED UP/DOWN buttons to choose the User ID from U1 to U9 and press the ENTER buttons to assign the user ID shown.

HEIGHT set up – After the User ID set up procedure, the SPEED PROFILE will display the default (68kgs) or previous setting and begin blinking. Press the SPEED UP/DOWN button to adjust the user height information then press ENTER to confirm.

WEIGHT set up – After the User HEIGHT confirmation procedure, The SPEED PROFILE will display the default (170cm) or previous setting and begin blinking. Press the SPEED UP/DOWN button to adjust the user weight information then press ENTER to confirm.

AGE set up – After the WEIGHT set up procedure, the SPEED PROFILE will display the default (35) or previous setting and begin blinking. Press the SPEED UP/DOWN button to adjust the user age information then press ENTER to confirm.

PROGRAM MODE

After setting the user Age, the SPEED PROFILE will display a blinking P1, indicating that the user is now select from P1~10 and C1~3. Press the INCLINE UP/DOWN buttons to select the programs and press the ENTER button to set up the program.

COOL DOWN

After completion of each program the TIME LED window will show "COOL" and blink then start a one-minute cool down procedure. Time counts down from 01:00 to 00:00 and speed stays at 2 mph / 3.2 km/h and the incline level stays at level 0. After the time counts down to 00:00 the belt stops and returns to PAUSE/STOP status. Press the STOP button to return to POWER ON status. To escape the cool down procedure press the STOP button once anytime during the process to enter the PAUSE/STOP status and press the STOP button again to enter the POWER ON status.

PROGRAM 1 – TARGET TIME

If P1 is selected, the TIME LED window shows "**30:00**" as the preset workout time.   Press the SPEED UP/DOWN buttons to set target workout time.   Press the ENTER button to save the target time and press the START button to start the program.   Speed starts from 2.0 mph / 3.2 km/h.   Incline starts from level 0.   Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level.   TIME counts down from the target time to zero.
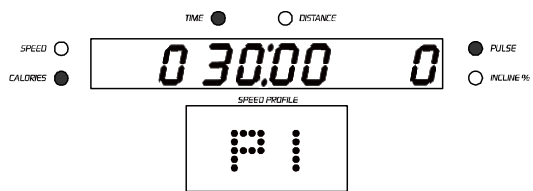

PROGRAM 2 – TARGET DISTANCE

If P2 is selected, the DISTANCE LED window shows "**0.00**".   Press the SPEED UP/DOWN buttons to set the target distance.   Press the ENTER button to save the target distance and press the START button to start the program.   Speed starts from 2.0 mph /3.2 km/h.   Incline starts from level 0.   Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level. DISTANCE counts down from the target distance.
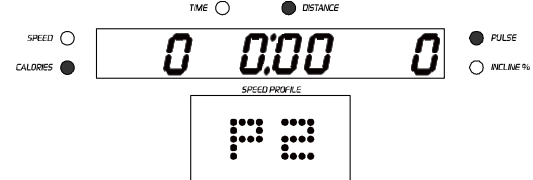

PROGRAM 3 – TARGET CALORIES

If P3 is selected, the CALORIES LED window shows "**0**".   Press the SPEED UP/DOWN buttons to set the target calories.   Press the ENTER button to save the target calories and press the START button to start the program.   Speed starts from 2.0 mph /3.2 km/h.   Incline starts from level 0.   Press the SPEED UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level.   CALORIES count down from the target calories.
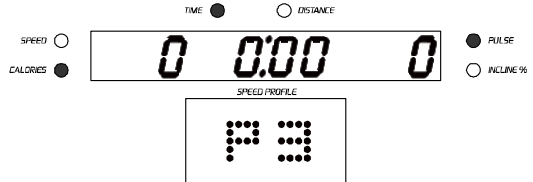
ROGRAM 4 – INTERVAL INCLINE

If P4 is selected, the SPEED PROFILE shows a blinking "**L 1**". Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button then the TIME LED window shows the factory setting value "**24:00**". Press the SPEED UP/DOWN buttons to adjust the workout time.   Every adjustable section is 4 minutes.   Press the STOP/ENTER button to

save the setting then press the START button to start the program. Speed starts from 2.0 mph /3.2 km/h. The incline level will be changed by the computer following the factory setting pattern. Press the SPEED UP/DOWN buttons to adjust the speed.

TIME ● DISTANCE ○

SPEED ○
CALORIES ●

0 24:00 L 1

PULSE ○
INCLINE % ○

SPEED PROFILE

P4
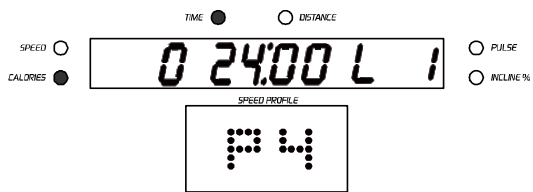
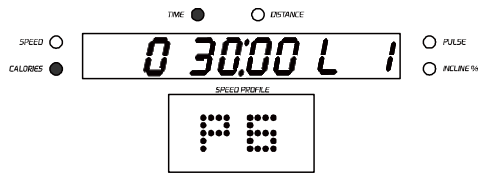| LEVEL	MIN. LEVEL	MAX. LEVEL
1	0	1
2	0	2
3	1	3
4	2	4
5	3	5
6	4	6
7	5	7
8	6	8
9	7	9
10	8	10
11	9	11
12	10	12

PROGRAM 5 – INTERVAL SPEED

If P5 is selected, the SPEED PROFILE window shows a blinking "**L 1**". Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button then the TIME LED window shows the factory setting value "**24:00**". Press the SPEED UP/DOWN buttons to adjust the workout time. Every adjustable section is 4 minutes. Press the STOP/ENTER button to save the setting then press the START button to start the program. The speed will be changed by the computer following the factory setting pattern. Press the INCLINE UP/DOWN buttons to adjust the incline level

TIME ● DISTANCE ○

SPEED ○
CALORIES ●

0 24:00 L 1

PULSE ○
INCLINE % ○

SPEED PROFILE

P5
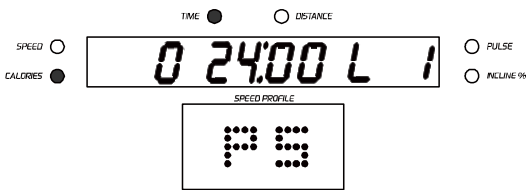
LEVEL	MIN. SPEED (ML)	MAX. SPEED (ML)	LEVEL	MIN. SPEED (KM)	MAX. SPEED (KM)
1	1.8	3	1	2.9	4.8
2	2	3.4	2	3.2	5.4
3	2.2	3.8	3	3.5	6.1
4	2.4	4.2	4	3.8	6.7
5	2.6	4.6	5	4.2	7.4
6	2.8	5	6	4.5	8
7	3	5.4	7	4.8	8.6
8	3.2	5.8	8	5.1	9.3
9	3.4	6.2	9	5.4	9.9
10	3.6	6.6	10	5.8	10.6
11	3.8	7	11	6.1	11.2
12	4	7.2	12	6.4	11.5

PROGRAM 6 – WEIGHT LOSS

If P6 is selected, the SPEED PROFILE shows a blinking "**L 1**".   Press the SPEED UP/DOWN buttons to select the intensity of workout from L1 to L12 then press the STOP/ENTER button then the TIME LED window shows the factory setting value "**30:00**". Press the SPEED UP/DOWN buttons to adjust the workout time.   Every adjustable section is 5 minutes.   Press the STOP/ENTER button to save the setting then press the START button to start the program.   The speed and incline level will be changed by the computer following the factory setting pattern.

LEVEL	MIN. SPEED ML	MAX. SPEED ML	MIN. GRADE%	MAX. GRADE%
1	1,6	2,8	0	1
2	1,8	3,0	0	2
3	2,0	3,2	1	3
4	2,2	3,4	1	4
5	2,4	3,6	2	5
6	2,6	3,8	2	6
7	2,8	4,0	3	7
8	3,0	4,2	3	8
9	3,2	4,4	3	9
10	3,4	4,6	4	10
11	3,6	4,8	4	11
12	3,8	5,0	4	12

LEVEL	MIN. SPEED KM	MAX. SPEED KM	MIN. GRADE%	MAX. GRADE%
1	2,6	4,5	0	1
2	2,9	4,8	0	2
3	3,2	5,1	1	3
4	3,5	5,4	1	4
5	3,8	5,8	2	5
6	4,2	6,1	2	6
7	4,5	6,4	3	7
8	4,8	6,7	3	8
9	5,1	7,0	3	9
10	5,4	7,4	4	10
11	5,8	7,7	4	11
12	6,1	8,0	4	12

PROGRAM 7 – 5K SELF LEARING AND COMPETITION

If P7 is selected, the DISTANCE LED window shows "**3**" miles or "**5**" km.   Press the START button to start the program.   Press the SPEED

UP/DOWN buttons to adjust the speed and press the INCLINE UP/DOWN buttons to adjust the incline level
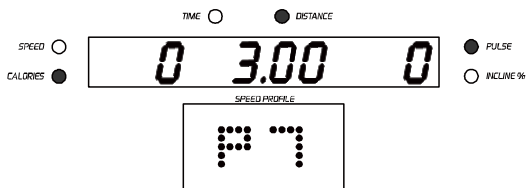
PROGRAM 8 - HEART RATE CONTROL:

If the user selects P8 (P9, P10) and presses ENTER, the display will show a calculated initial Target Heart Rate (based on user age) as shown at the second-to-last page. The user must now set the Target Heart Rate using INCLINE UP/DOWN according to the user's own physical condition and professional trainer or doctor's instruction, and then pressing START to confirm the user-defined setting. After this the user must then enter a Total Workout Time in 3:00 (min.) intervals or accept the default 60:00 (min.).

The user may then press START to initiate the program, P8 (P9, P10). Upon beginning the HEART RATE CONTROL program, up to 3 consecutive 3 minute monitoring phases are executed just after the program initiates and the belt begins moving. The user may then press START to initiate the program, P8 (P9, P10).

WARM UP

Phase1 – Speed Adjust

In the first Phase, the user's heart rate will be monitored continuously and at 30 second intervals counting down from 3:00 (min.). If the Threshold Heart Rate (approx. 65% Target Heart Rate) is not met, the speed of the treadmill will be increased at 0.8km/hr / 0.5 mph at a time. The treadmill will continue to increase Speed in this Phase beginning at 3.2 km/h / 2 mph up to the maximum of Level 7.2 km/h 4.5 mph. If the Threshold Heart Rate is met in this Phase then the program skips Phase 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The Speed will not change when the program cannot detect the heart rate.

Phase 2 – Incline Adjust

In the second Phase, the user's heart rate will again be monitored continuously and at 30 second intervals counting down from 3:00 (min.), if the Threshold Heart Rate (approx. 65% Target Heart Rate) is still not met, the incline of the treadmill will be raised at one level at a time. The treadmill will continue to raise during this Phase up to the maximum of Level 5. If the Threshold Heart Rate is met in this Phase, then the program skips Phases 2 and 3 below and begins directly with HEART RATE CONTROL MODE.

Note: The incline level will not change when the program cannot detect the heart rate.

Phase 3 – Extended Monitoring

In the third Phase, there is no further change to Incline or Speed, and the user's heart rate in monitored continuously couting down from 3:00 (min.) at fixed Speed and Incline setting. If during this period the Threshold Heart Rate (approx. 65% Target Heart Rate) is not met then the display will give an indication that the Heart RATE CONTROL Program has failed (shows the word FAIL at the top of the display) and after blinking 10 seconds will return to the POWER ON MODE. If during the extended monitoring period of 3 minutes the Threshold Heart Rate is achieved the program will switch over to HEART RATE CONTROL MODE as described in the next section.

HEART RATE CONTROL MAIN PROGRAM

After the actual pulse rate reaches the minimum target workout heart rate and completes the warm up program, the computer will go into the main program and the time will count down from the pre-set time. During the main program, if the actual pulse rate cannot reach the maximum target workout heart rate, the incline level will be increased by 1% every 15 seconds until the pulse rate reaches the maximum target workout heart rate or the incline level will increase by 15%. After the incline level increases to 15% but still does not reach the maximum target workout heart rate the speed will be increase by 0.5MILE/0.8KM every 15 seconds until the pulse rate reaches the maximum target workout heart rate. If the actual pulse is higher than the maximum target workout heart rate, then the incline will be reduced 1% every 15 seconds until the actual heart rate meets the maximum target workout heart rate or the incline level will lower to 0%. Then the speed will be reduced by 0.5MILE/0.8KM every 15 seconds until the actual pulse meets the maximum target workout heart rate.

COOL DOWN – After completing the HEART RATE CONTROL program and the time counts down to zero start the one-minute cool down program.   The incline will return to 0% and the speed will lower to 2MILE/3.2KM as the time counts down from 1:00.

C1 – C3 CUSTOM PROGRAM (USER PROGRAM)

The program can allow 3 custom programs to be set by users and store the settings for repeated workouts.   The maximum workout time of each user program is 60 minutes.   During the workout after the TIME counts up to 60:00, the treadmill will start a one-minute cool down procedure automatically.   To set and store the user programs, please follow the procedure below

SET AND SAVE THE USER PROGRAM

Select between C1 to C3 and press the STOP/ENTER button to enter the user program then press the START button.   Speed starts at 3.2 km/h / 2.0 mph and the incline level starts at level 0.   Each section of SPEED/INCLINE is one minute.   Press the SPEED UP/DOWN buttons to change the speed and press the INCLINE UP/DOWN buttons to change the incline during the workout.   The computer will take the actual speed and incline level at the last second of each minute section and temporary save as the speed and incline level of that minute section.   Continue the workout until you want to stop.   Press the STOP/ENTER button to enter the one-minute cool down session.   The computer will automatically enter the save program status after the one-minute cool down session.   If you want to skip the cool down procedure, press the STOP/ENTER button to enter the save program status.
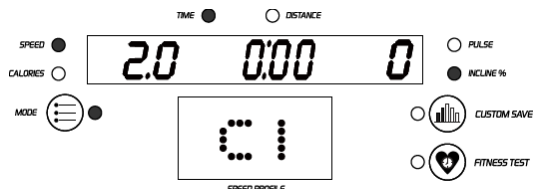
When the computer is in save program status, the "CUSTOM SAVE" button will blink slowly. Press the button to save this program or press the STOP/ENTER button to delete the program and return to POWER ON status.

EDIT PREVIOUS SAVED PROGRAM

Edit the Speed and Incline without extending the previously saved workout time:

Simply press the SPEED UP/DOWN and INCLINE UP/DOWN buttons to change the speed and incline level during the workout then follow the SET AND SAVE procedure after completing the workout.

Extend the workout time from the previously saved program:

If you want to extend the total workout time from the previously saved program press the START button anytime during the workout.   The LED of the CUSTOM SAVE button will light up and blink for 10 seconds then stay lit up. After completing the previously saved program the treadmill will start a one-minute cool down session.   Press the START button again during the cool down session and the treadmill will skip the cool down procedure and continue running at a speed of 3.2 km/h / 2.0 mph and incline of level 0.   Press the SPEED UP/DOWN and INCLINE UP/DOWN buttons for every minute section then follow the SET AND SAVE procedure after completing the workout.

If you already press the START button once during the workout and intend to extend the workout time but decide not to extend the workout time, press the START button again to switch off the LED light of CUSTOM SAVE button. Or wait till the previous saved program complete and complete the cool down procedure then follow the SET AND SAVE procedure.

FITNESS-TEST

The Fitness-Test function is designed to let the user test their physical condition during a workout.   The fitness rating is determined by measuring how quickly the user's pulse slows down after a workout.   The faster the pulse slows down, the better the user's physical condition.   User's can record their fitness rating to use for reference and to monitor improvement.   To start the Fitness-Test, press the "Fitness-Test" button toward the end of a workout (while your pulse is still under workout load).   The treadmill will enter the PAUSE/STOP status.   Put both hands on the hand pulse sensors within 10 seconds (for models equipped with a chest belt pulse transmitter, keep the chest belt on, no need to hold the hand pulse).   The pulse receiver will scan and detect the user's pulse in 10 seconds and enter the Fitness-Test function.   TIME counts down from 01:00 to 00:00. After the count-down the SPEED window will show the Fitness rating (1.0-6.0). The lower the number the better your fitness.   Record the rating for future comparison. After completion of the Fitness-Test (1 minute) the training can be resumed by pressing the START button.

When the SPEED window shows above 6, the Time windows will show OUTSTANDING.

When the SPEED window shows between 4 to 5.9, the Time windows will show POOR.

When the SPEED window shows between 3 to 3.9, the Time windows will show FAIR.

When the SPEED window shows between 2 to 2.9, the Time windows will show GOOD.

When the SPEED window shows   below 2, the Time windows will show EXCELLENT.

When the SPEED window shows below 1 or minus, the Time windows will show F1.0.

During the Fitness-Test, if you want to stop the function and stop workout, press the STOP/ENTER button and return to POWER ON status.

During the Fitness-Test, if you want to continue the previous program, press the START button to continue the previous program.

After pressing the Fitness-Test button, if the pulse receiver fails to scan and receive the user's pulse the computer will stay at PAUSE/STOP status.   Press the STOP/ENTER button to return to POWER ON status or press the START button to continue the previous program.

The Fitness-Test cannot be activated while in the COOL DOWN

USING THE CHEST BELT HEART RATE MONITOR:

For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right.   The monitor needs a little body heat and moisture in order to work properly.   To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.

Strap chest belt across the front above the chest line
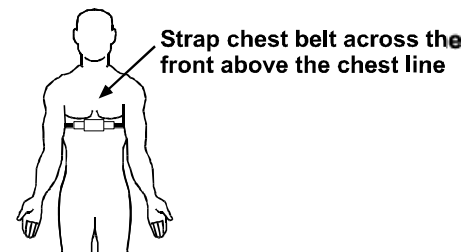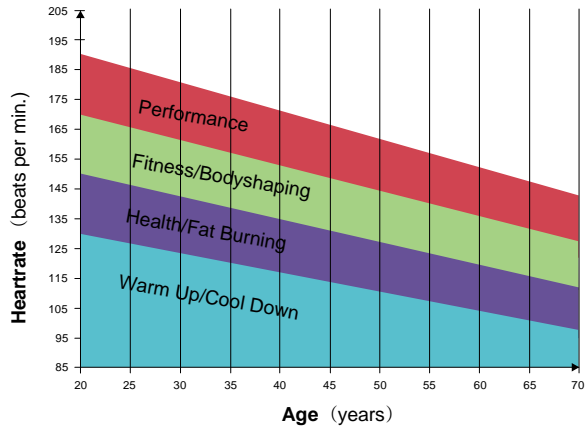
You can calculate the target-heartrate for your training as follows:

Maximum heartrate = 220 minus age

For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning: **65 – 75% of your max. heartrate**

Fitness/Bodyshaping: **75 – 85% of your max. heartrate**

Performance: **85 – 95% of your max. heartrate**

Example:

You are 25 years old and want to train for the target Fitness:

$$220 - 25 = 195$$

$$65\% \text{ of } 195 = 126.75$$

$$75\% \text{ of } 195 = 146.25$$

Your target-heartrate should be between 127 and 146 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

MOTION CONTROL:

Walking belt speed can be increased, decreased or stopped using the Motion Control sensors on the handlebars.   To do this follow the instructions below:

1. Press the button on the console to switch the motion control function on and off:
    When the LED light is **ON** the MOTION CONTROL is **active**.
    When the LED light is **OFF** the MOTION CONTROL is **off**.

2. After switching on the MOTION CONTROL wave your right hand approximately 6 inches above the motion sensor on the right handle bar to increase the speed.   The sensor will sound one short BEEP per scan and speed up by 0.1 MPH per BEEP.   Holding your right hand approximately 6 inches above the right sensor constantly results in the sensor sounding one long BEEP per second and speeding up by 0.5 MPH per second.
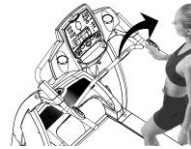
2. Use right sensor to speed up.

3. Wave you left hand approximately 6 inches above the motion sensor on the left handle bar to decrease the speed.   The sensor will sound one short BEEP per scan and decrease speed by 0.1 MPH.   Holding your left hand approximately 6 inches above the left sensor constantly results in the sensor sounding one long BEEP per second and decreasing speed by 0.5 MPH per second.
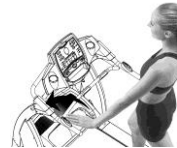
3. Use left sensor to slow down.

4. Wave both hands approximately 6 inches above both motion sensors at the same time.   The sensor will sound two short BEEP sounds then stop the belt.

Always switch off the motion control function by pressing the **MOTION CONTROL button on the console before turning off the power to the treadmill.**

4. Use both sensors to stop belt.

Customer Service

Frequently asked questions (FAQs):

If you have any questions about your product or the assembly or meet a problem with the handling, you can find help

at:

www.reebokfitness.co.uk → Service → FAQs

Spare Part Order:

By giving the serial number of your product you can order spare parts on our homepage:

www.reebokfitness.co.uk → Service

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Advice

The owner's manual is only for the customer reference. **Reebok** can not guarantee for mistakes occurring due to translation or change in technical specification of the product.

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